



Mindful Resilience: Meeting Stress with Strength and Integrity

Law Enforcement Two Day Intensive: Proposed/Draft Course Outline

Building resilience to meet the stresses of everyday life with both strength and integrity is a choice we can make to increase holistic well being, bounce back from life's challenges, and emerge wiser, stronger and more compassionate. Being able to mindfully reframe our response to stressors allows us to build physical, mental, emotional, and spiritual resilience and the ability to function at optimal levels when under duress. Learning to change our perceptions so we remain calm under pressure increases our capacity to act positively and productively.

Building and maintaining successful habits starts with increasing awareness and taking small action steps. Even modest changes in our daily routine can have lifelong positive effects. Information, practices, exercises, tips, and tools to activate your inner resources and resolve, engage in healthy coping skills and make mindful choices that energize and empower you no matter what stresses you may face.

Day One:

Module One: Introduction to Mindfulness

Welcome - Introductions

Establish group norms/rules/responsibilities

Didactic

The Mind and The Brain
Mindfulness: What It Is and What It Isn't

Mindfulness Practices: Twenty Breaths and STOP/Check In

Short break

Module Two: Understanding Stress

Didactic

I: Understanding Stress

- a. Basic Mechanics of Stress
 - Acute Stress – energizing, exhilarating > flourishing (High energy states)
 - Chronic Stress – draining, debilitating > suffering (Low energy states)
 - External Stress
 - Self-Created Stress
- b. "Whole Person" adverse impacts of chronic stress: physical/mental/emotional/spiritual – within all areas of life – understanding the need for a holistic approach
- c. Negative and Positive Stress Cycles: Working Mindfully with The Space Between Stimulus and Response
 - Maladaptive – disempowering coping skills
 - Adaptive – empowering coping skills

II: Introduce Albrecht's Four Common Types of Stress Model (from [Stress and the Manager, 1979](#))

- a. Time and Attention Stress (adding attention/distraction stress for current times)
- b. Anticipatory stress
- c. Situational stress
- d. Encounter stress

III: Building Resilience with Mindful Awareness

(includes references to 2015 Study: *Mediating role of resilience in the impact of mindfulness on life satisfaction and affect as indices of subjective well-being*)

- a. Defining Resilience (American Psychological Association
<http://www.apa.org/helpcenter/road-resilience.aspx>)
- b. Applying Mindfulness Practices: Building Resilience To Meet Stress with Strength and Integrity

Engagement: Q & A

IV. "Building Your Mindful Self Care Toolkit"

Mindful Eating

Mindfulness Practice: Raisin Practice

Engagement: Q & A

V. Story: Resilience: Strength and Integrity

Filipino folktale about a mango tree and a bamboo tree that lived side by side.

LUNCH: MINDFUL EATING EXERCISE

Module Three: Time/Attention Stress

I. Defining Time and Attention Stress

II. Managing Time and Attention Stress

Building Attention and Focus

Reducing Digital Addiction/Distracton (includes studies on dopamine receptors and social media addiction)

Assertiveness/Boundaries

Engagement: Q & A

Mindfulness Practices: Counting Thoughts (begin) "Working With Thoughts, "Choosing Focus" Meditation

Engagement: Q & A

III. "Building Your Mindful Self Care Toolkit"

Part Two: Reducing Multitasking (Gupta and Schwartz research)

Engagement: Q & A

Didactic

I. Defining Anticipatory/Projection Stress

II. Managing Anticipatory/Projection Stress

Mind Traps
Questioning Thoughts
Negative Self Talk
Toxic Perfectionism

Engagement: Q & A

Mindfulness Practice: "Working With Thoughts" Meditation

Engagement: Q & A

III. "Building Your Mindful Self Care Toolkit"

Part Three: Sleep and Rest

Share studies of impact of sleep on building resilience and immunity and ways to improve sleep. Rest. Power naps.

Engagement: Q & A

Short break

Module Four: Encounter Stress

Didactic

I. Defining Encounter Stress

Interacting with a certain person or group of people
Mitigating Attribution Bias
"Petty tyrants"
Contact overload

II. Managing Encounter Stress

Conflict Management
Empathy and Compassion

Engagement: Q & A

Mindfulness Practice: "Just Like Me" Meditation Practice

Engagement: Q & A

III. "Building Your Mindful Self Care Toolkit"

Part Six: Choosing Civility: Practices from Dr. P.M. Forni

Engagement: Q & A

Building Resilience with Emotional Intelligence: Motivation

Didactic

I. Motivation

To motivate yourself for any achievement requires clear goals and a positive attitude. Although you may have a predisposition to either a positive or a negative attitude, you can with effort and practice learn to think more productively and move away from the "mind traps" that can become self-sabotaging. If you catch negative thoughts as they occur, you can reframe them in more positive terms, which will help you achieve your goals. Formal mindfulness practices help us to see thoughts as just thoughts, and to become less reactive to the ones that take us down negative mental pathways and away from our goals.

Motivation is made up of:

- *Commitment.*
- *Initiative.*
- *Optimism.*
- *Pursuing goals persistently despite obstacles and setbacks.*

"When you change the way you look at things, the things you look at change." – Wayne Dyer

II. Storytelling

Implementing the teaching power of storytelling, offer the opportunity for a "real life" in context story about Motivation

Engagement: Q & A

Mindfulness Practice: "Twenty Breaths" Practice

III. "Building Your Mindful Self Care Toolkit"

Part Four: Mindful Movement Exercise (Chair/Desk Yoga)

Engagement: Q & A

End of Day One

Day Two:

Module Five: Situational Stress

Didactic

I. Defining Situational Stress

II. Managing Situational Stress

Breaking Out of Auto-Pilot
Building Self Awareness
Mindfulness and Emotions

Engagement: Q & A

Mindfulness Practice: "Exploring Emotions" Practice

Engagement: Q & A

III. "Building Your Mindful Self Care Toolkit"

Part Five: Meaning and Purpose: Defining Your True Needs Worksheet

Engagement: Q & A

Short break

Module Six: Encounter Stress

Didactic

I. Defining Encounter Stress

II. Managing Encounter Stress

Breaking Out of Auto-Pilot
Building Empathy
Mindfulness and Social Intelligence

Engagement: Q & A

Mindfulness Practice: Compassion Practice

Engagement: Q & A

III. "Building Your Mindful Self Care Toolkit"

Part Five: **"Tactical Empathy" and Managing Compassion Fatigue**

Engagement: Q & A

Lunch Break

Module Seven: Building Resilience with Emotional Intelligence: Self Regulation

Didactic

I. Self-Regulation: *You often have little control over **when** you experience emotions. You can, however, have some say in how long an emotion will last by using mindfulness practices to process them and release the grip a negative emotion can have upon you. Realizing that just because you feel an emotion doesn't mean it has power over you. If you feel angry, take a moment to acknowledge the emotion, then decide if acting on it is appropriate. Instead of giving into an impulse, recognize that your emotions don't control you - they are just there to give you information. If you decide that*

the emotion isn't helpful to you (for example, anger won't help you communicate with a coworker in a meeting), take a mindful minute to focus on your breathing until you feel calm and prepared to continue

Self-regulation involves:

- *Self-control. Managing disruptive impulses.*
- *Trustworthiness. Maintaining standards of honesty and integrity.*
- *Conscientiousness. Taking responsibility for your own performance. Your ability to recognize your own thoughts, choices, actions and behaviors and their impact upon others.*
- *Adaptability. Handling change with flexibility.*
- *Innovation. Being open to new ideas.*

Engagement: Q & A

Mindfulness Practice: Tonglen Meditation Practice

II. "Building Your Mindful Self Care Toolkit"

Part Seven: The Neuroscience of Happiness

Short break

Module Eight: Integration: Choosing Resilience

Didactic

I. Choosing Mindfulness Between Stimulus and Response

II. Choosing Resilience: Meeting Life with Strength and Integrity – Review

Working with Resistance

Engagement: Q & A

Mindfulness Practice: "The Movie of Your Life" Visualization Practice

Research shows that your mind often can't tell the difference, on a basic neurological level, between a situation that you've visualized going well repeatedly and one that's actually happened.

Engagement: Q & A

III. "Building Your Mindful Self Care Toolkit"

Part Eight: Letting Go and Moving Forward Mindfully

Engagement: Q & A

IV. Closing Story: From *Choices* by Shad Helmstetter

End of Day Two
